

**HUBUNGAN KETERGANTUNGAN ACTIVITY DAILY LIVING
PENDERITA STROKE TERHADAP BEBAN FAMILY CAREGIVER
DI WILAYAH KERJA PUSKESMAS KASIHAN II**

Siti Mulyani
Program Studi S1 Keperawatan,
Fakultas Kesehatan Jenderal Achmad Yani Yogyakarta
Email : yanistm72@gmail.com

INTISARI

Latar Belakang : Penyakit stroke adalah keadaan defisit neurologik fokal maupun global dengan tanda klinis yang cepat, dapat memberat dalam 24 jam atau lebih yang disebabkan adanya sumbatan, penyempitan ataupun perdarahan pembuluh darah di otak tanpa disertai penyebab vascular yang jelas hingga menyebabkan gangguan neurologis yang bersifat sementara, permanen bahkan kematian. Gangguan neurologis bersifat kronis menimbulkan perubahan dan penurunan fisik terutama dalam aktifitas kehidupan sehari-hari atau *Activity Daily Living (ADL)*. Ketergantungan ADL dalam waktu yang lama berpotensi menimbulkan beban pada *family caregiver*. Penelitian ini bertujuan untuk mengetahui hubungan ketergantungan ADL Penderita Stroke dengan beban *family caregiver*.

Metode : Merupakan penelitian kuantitatif non eksperimental dengan metode pedekatan *cross sectional* korelasional. Dilakukan di wilayah kerja Puskesmas Kasihan II Bantul dengan responden *family caregiver* dan penderita stroke sejumlah 40 orang. Sample diambil dengan metode simple random sampling. Instrumen penelitian menggunakan Care Giver Reaction Scale (CRA) oleh Given (1992) dan Barthel Indek oleh karena telah teruji reliabilitasnya maupun validitasnya.

Hasil : Dilakukan analisa univariat dan bivariat dengan hasil menunjukkan sebagian besar responden penderita stroke dalam ketergantungan ringan dan mandiri sejumlah 18 (45%) , *family caregiver* merasakan beban sedang sejumlah 29 (72,5%). Jenis beban yang paling dirasakan oleh *family caregiver* adalah beban harga diri dengan mean score 13,83.

Simpulan : Uji korelasi Somers'd didapatkan adanya hubungan ketergantungan ADL Penderita Stroke dengan beban *family caregiver* dengan *P-value* sebesar 0,00 dengan $r = 0,601$ tingkat korelasi sedang.

Saran : Penting bagi perawat di Puskesmas untuk mengetahui beban *family caregiver* sehingga intervensi stroke harus mencakup pada Pasien, *family caregiver*, Masyarakat dan Sistem Pelayanan Kesehatan

Kata kunci : Beban *family caregiver*, Jenis-jenis beban *family caregiver*, *Acitivity Daily Living* Penderita Stroke dan Stroke.

ABSTRACT

Background : Stroke is a condition of focal or global neurologic deficit with rapid clinical signs, can be severe within 24 hours or more due to blockage, narrowing or bleeding of blood vessels in the brain without a clear vascular cause to cause neurological disorders that are temporary, permanent or even permanent. Dead. Chronic neurological disorders cause changes and physical decline, especially in activities of daily living or Activity Daily Living (ADL). Dependence on ADL for a long time has the potential to cause a burden on the family caregiver.

Objective: This study aims to determine the relationship between ADL dependence of stroke patients and the burden of family caregivers.

Method: This is a non-experimental quantitative research with a correlational cross-sectional approach. It was carried out in the work area of the Puskesmas Kasihan II, Bantul, with 40 respondents from family caregivers and stroke sufferers. Samples were taken by simple random sampling method. The research instrument it has been tested for reliability and validity. The Instrument is the Care Giver Reaction Scale (CRA) by Given et al (1992) and the Barthel Index by Mahoney and Barthel (1965).

Result: Univariate and bivariate analysis was conducted with the results showing that most of the respondents with stroke were mildly dependent and independent as many as 18 (45%), family caregivers felt a moderate burden as many as 29 (72.5%). The type of burden most felt by the family caregiver is the burden of self-esteem with a mean score of 13.83.

Conclusion: Somers'd correlation test found that relationship between ADL dependence of stroke sufferers and the burden of family caregiver with *P-value* of 0.00 with $r = 0.601$ moderate correlation level.

It is important for nurses at the Puskesmas to know the burden of family caregivers so that stroke intervention is not limited to patients but must also be given to families, especially family caregivers, Community and Health System Services

Keywords: Burden Family Caregiver, Type Off Burden, Acitivity Daily Living off stroke sufferers, and Stroke.